



Gov. Neil Abercrombie (center) presents Maj. Gen. Joe Chaves (front, second from left), deputy commanding general, USARPAC, a state proclamation declaring June 14, 2012, as “U.S. Army Day” in Hawaii. Soldiers from Headquarters and Headquarters Battalion, USARPAC, join in the ceremony at the Hawaii State Capitol, June 7.

# Happy 237<sup>th</sup>

## Army birthday celebration continues at FS, Saturday

**U.S. ARMY-PACIFIC**  
Public Affairs Office

FORT SHAFTER — Join U.S. Army-Pacific in celebrating the Army’s 237th birthday, Saturday, starting at 2 p.m., at historic Palm Circle, here.

Bring your family, friends and neighbors, and be prepared to have a good time with a day chock-full of activities.

USARPAC units will compete in a private carrying contest, a tug of war competition, a ski race, best beverage and dessert contest, and musical chairs. A unit competition for the best tent decoration will also take place.

The Military Historic Vehicle Association will showcase vintage vehicles from World War II, and Military Police will provide K9 demonstrations. Daylong events also include children’s activities, food, music and more.

Stay for the evening’s feature event: the Army Gold versus Army Black polo match.

Polo in Hawaii is an Army tradition. The sport was routinely played at pre-World War II Schofield Barracks. According to a 1923 Army polo flier, the 4th and 5th Cavalries at Schofield and the 1st Field Artillery placed good teams. In fact, one of the most notable players of the time, Gen. George Patton, led the Army team.

Patton, a lieutenant colonel at the time, lived on Palm Circle, where this year’s match will take place.

The community is encouraged to bring coolers, folding chairs, umbrellas, canopy pop-ups and plenty of enthusiasm, but cooking grills are not allowed on Palm Circle.



USARPAC invites Soldiers, families and friends to historic Palm Circle to celebrate the Army’s 237th birthday with polo and other activities, Saturday.

# Maj. Gen. Terry passes the torch to Maj. Gen. Lyons

**SGT. GAELN LOWERS**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The 8th Theater Sustainment Command has a short but imperative history, with traditions that date back to the very earliest days of our Army.

Today, a new chapter has been written as Maj. Gen. Michael J. Terry relinquished command of the 8th TSC to Maj. Gen. Stephen Lyons on Hamilton Field, here, Wednesday.

The 8th TSC’s reach spans more than 9,000 miles across the Pacific region, providing to its subordinate units and their more than 8,000 Soldiers, maintenance, transport, engineer support, supply and services, explosive ordnance disposal, human resource services, finance and military police support.


Since its constitution and activation in 1968 as the 8th Field Army Support Command, its redesignation in 2005, its reintegration as the 8th Sustainment Command (Theater) (Provisional) in 2006, to its activation as the 8th TSC, May 1, 2009, the unit remains an integral piece of U.S. Army-Pacific’s warfighting capability.

“It’s truly been a remarkable ride,” said Terry. “We knew that the 8th TSC was an evolving unit, expanding its mission set throughout the US-ARPAC area of operations. We also knew that we weren’t just a formation of logistics units, [but] a truly multifunctional unit, complete with a complex organizational structure and mission sets.”

Terry went on to say that logistical units such as the 8th TSC are unique when their deployment window comes around. In divisions, units deploy in brigade elements, but the 8th TSC will send units as small as a platoon, section and/or team formations to support larger units.

“Within the 8th TSC, we are always in the Army Force Generation model process,” he continued, “preparing units to deploy, taking care of issues for family members and Soldiers of de-

See 8th TSC, A-4



**Sgt. Jesse Untalan** | 8th Theater Sustainment Command Public Affairs

(Standing in vehicle, from left) Maj. Gen. Stephen Lyons, incoming commander, 8th TSC; Col. Charles Maskell, deputy commander, 8th TSC, and ceremony commander of troops; Lt. Gen. Francis Wiercinski, commander, USARPAC; and Maj. Gen. Michael J. Terry, outgoing commander, 8th TSC, as well as the command’s driver, Staff Sgt. Brian Hout, perform the inspection of troops during the change of command.

## USAG-HI prepares for hurricane season

**DIRECTORATE OF PLANS, TRAINING, MOBILIZATION, AND SECURITY**  
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — U.S. Army Garrison-Hawaii participated in Hawaii’s annual hurricane exercise known as Makani Pahili (Hawaiian for strong winds), here, May 29-June 7.

The exercise tested the garrison’s capabilities to respond to and sustain life during a hurricane affecting Army installations in the Hawaiian Islands.

The garrison started planning for the yearly exercise in February, the events of which are executed after the Memorial Day weekend.

This exercise involved all directorates and installation tenant units that have emergency support functions in support of Army installations. It gives all agencies involved the opportunity to test, evaluate and update procedures and to activate memorandums of agreement and memorandums of understanding with partner agencies and the state of Hawaii.

This year’s exercise began with a message sent from Hawaii’s Pacific Disaster Center, or PDC, of a severe weather warning. From May 29 to June 4, pre-landfall activities were executed to help prepare the installation to sustain a hurricane.

Then, in the scenario, a Category 4 hurricane — with wind speeds up to 150 mph, massive rain and flooding — struck Oahu the evening of June 4.

USAG-HI’s emergency operations center went into post-landfall activities, with damage assessments and possible

See HUREX, A-6

## Soldiers vie for GAFPB

Story and Photos by  
**SPC. TIFFANY DUSTERHOFT**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Select U.S. Army-Pacific command Soldiers earned the German Armed Forces Proficiency Badge after completing a series of qualification tests, here, June 5-6.

This is the second time the test has been given in Hawaii.

The German Armed Forces Proficiency Badge, or GAF-PB, is a decoration awarded by the German army and authorized by the U.S. Army for Soldiers who meet or exceed qualification standards.

To be awarded the badge, a German liaison officer must be present; therefore, German Sgt. Maj. Hans Stark, liaison officer for the U.S. Army

See BADGE, A-5

### Hurricane Safety | A-2


DES offers advice, tips to prepare for Hawaii’s hurricane season

### Retirees | A-3

25th ID hosts ceremony for retiring Soldiers.

### Golf course | B-1

The grass gets a little greener at Leilehua Golf Course, thanks to recent renovations.



### Scouts | B-3

Wahiawa Eagle Scout fundraises to aid WTB.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army or- ganizations, announcements from the general public about community events of interest to the military community, and let- ters and commentaries.

If you have newsworthy ideas or stories you'd like to write, co- ordinate with the managing edi- tor at 656-3156, or e-mail editor@ hawaiiarmyweekly.com.

The editorial deadline for ar- ticles and announcements is the Friday prior to Friday publica- tions. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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## 161 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 06/14/12.

## TOP COP

# Safety kit, plan essential during hurricane

COL. LA'TONYA LYNN

Director, Directorate of Emergency Ser- vices, U.S. Army Garrison-Hawaii

Welcome to Top Cop.

The goal of this monthly column is to provide crime data to our military com- munities throughout U.S. Army Garri- son-Hawaii and to increase aware- ness, which will aid in crime pre- vention.



Lynn

The Direc- torate of Emer- gency Services, USAG-HI, uses crime statistics to determine patrol distribution and

to maintain safety and security within our communities.

The Hawaii hurricane season is June through November. For your situation- al awareness, I will highlight some pre- cautionary measures that can be taken to ensure your family remains safe during this time.

To properly mitigate the effects of a hurricane, it is important that everyone remains vigilant and prepared for a hur- ricane. One way to do so is to keep an emergency preparedness kit ready with essentials to guarantee that each per- son in your household is able to survive.

Whether it be a hurricane or a tsu- nami, every household should have a basic emergency preparedness kit that will provide each family member with three days worth of food and water, a battery- powered or hand-crank radio to keep informed about the event, a flashlight and extra batteries, a first aid kit, a whis- tle to signal for help, dust masks, moist towelettes, a wrench, a manual can opener for food, local maps and a cell phone with charger.

A detailed description of an emergen- cy preparedness kit can be found at www.ready.gov/basic-disaster-supplies- kit. This website also details how to maintain and store your kit and recom- mends additional supplies you may want to have on hand.

Once your emergency preparedness kit is created, make a plan with your family on how you intend to react to a natural disaster. For example, identify a family meeting point. Also, ensure that your family members know what to do if they are at school or otherwise not at home when the hurricane hits.

### North Oahu

The Schofield Barracks Provost Mar- shal Office (which includes Schofield Barracks, Wheeler Army Airfield, Hele- mano Military Reservation, Mendonca Park, Leilehua Golf Course, Piliiaau Army Recreation Center and Dilling- ham/Mokuleia Beach Park) reported 230 cases for north installations in May.

### Assaults: 28

Those involving alcohol: 12  
Service members apprehended: 19  
Family members apprehended: 6  
Unknown subjects: 3

### Larcenies: 53

Unsecured/unattended: 27  
In housing area: 34  
In public area: 19

### Traffic accidents: 31

Involving injuries: 1  
Damage to property: 30

**Driving under the influence: 7**  
Service members apprehended: 6  
Civilians apprehended: 1

### Traffic citations

Outlined below is a listing of traffic citations that were issued during this time period by the Schofield Barracks PMO:

Cell phone violations: 15  
Speeding violations: 48  
Failure to stop as posted: 20  
No insurance: 16  
Expired safety inspection: 36  
Failure to register: 6  
Driving without a license: 12  
Expired registration: 18  
Defective equipment: 5  
No seatbelt: 14  
Failure to use turn signal: 8  
Expired license: 1  
Impeding traffic: 2  
Following too closely: 5  
Abandoned vehicle: 5

Disregarding a traffic control device: 1  
Failure to yield right of way at inter- section: 1  
Parking violations: 19  
Failure to stop at red traffic signal: 1  
Failure to display safety sticker: 4  
Unsafe movement: 5  
No license plate: 1  
Failure to maintain lane: 1  
Unattended child: 3  
Driving while license suspended or revoked: 7  
Excessive noise: 4  
Prohibited turn: 3  
No front license plate: 1  
Continuous breaking: 1  
Failure to register out-of-state plates: 2  
Crossing solid double-yellow line: 2  
Use of blue lights on outside of vehi- cle: 1  
Violation of restrictions on driver's li- cense: 1  
Failure to yield to pedestrians: 1  
Animal in front seat obstructing view of driver: 1  
Driving wrong way on one-way: 1  
Expired driver's license: 1

### South Oahu

The Fort Shafter PMO (which in- cludes Fort Shafter, Fort Shafter Flats, Tripler Army Medical Center, Aliamanu Military Reservation, Red Hill Military Reservation and Fort DeRussy) report- ed 113 cases for south installations in May.

### Assaults: 8

Those involving alcohol: 1  
Service members apprehended: 3  
Unknown subjects: 4  
Civilian apprehended: 1

### Larcenies: 24

Unsecured/unattended: 15  
In public area: 12  
In housing area: 12

### Traffic accidents: 18

Damage to property: 18

**Driving under the influence: 13**  
Service members apprehended: 13

### Traffic citations

Outlined below is a listing of traffic citations that were issued during this time period by the Fort Shafter PMO:

Cell phone violations: 5  
Speeding violations: 56  
Failure to stop as posted: 35  
No insurance: 12  
Expired safety inspection: 114  
No registration in vehicle: 3  
Failure to register: 5  
Driving without a license: 6  
Expired registration: 77  
Defective equipment: 6  
No seatbelt: 4  
Failure to use turn signal: 1  
Expired license: 1  
Failure to display front license plate: 7  
Parking violations: 109  
Failure to display safety sticker: 9  
Unsafe movement: 1  
Inattention to driving: 1  
Failure to display registration stick- er: 3  
No out-of-state registration: 1  
Failure to yield right of way: 2  
Driving while license revoked/sus- pended: 2  
Follow to closely: 1  
No license plate: 2  
Failure to yield to pedestrian: 2  
Violating restrictions on driver's li- cense: 1  
Failure to transfer ownership: 1  
Resisting an order to stop: 1  
No protective equipment while op- erating a motorcycle: 1

Report any suspicious behavior or witnessed criminal acts to law en- forcement personnel at Schofield Barracks at 655-7114 or at Fort Shafter at 438-7114.

## FOOTSTEPS in FAITH

# God-given senses need guidance

CHAPLAIN (MAJ.) KELLY PORTER

Family Life Chaplain, U.S. Army Garrison-Hawaii

Have you ever bought something and regretted that decision?

The Nissan Xterra I bought in southern Georgia is just such a case.

Little did I know the vehicle had been driven in Michigan winters for three years. With a new catalytic converter, ex- haust pipes, muffler and fuel tank, it is now a great truck, but what a disaster in the beginning.

Another purchase went far better. I "bought" a functional endoscopic sinus surgery from the ear, nose and throat clinic at Tripler Army Med- ical Center. What a great decision.

After years of sleepless nights and persistent pain, I can now breathe and relax. Food, roses and clean air smell great. After recovering one- fifth of my senses, I now experience life to the fullest.

Other senses provide similar fulfillment in life. Physical touch sends information to the potter's brain to grasp whether clay is dry and hard or moldable. Hearing allows the musi- cian to produce beautiful scores, but also pro- vides us all with physical balance.

Sight guides, stimulates and entertains. And when I was previously stationed in Italy, I dis- covered how incredible fresh food tasted in



Porter

I recommend planning for at least two meeting locations: a primary and an alternate location. I suggest that one be in your community and the other outside your community, in case one of your meeting points is directly impacted by the hurricane.

Make sure that your family knows

where to obtain trustworthy and accu- rate information, evacuation locations and emergency contact information.

Finally, as with any disaster incident, in order to remain safe, follow instruc- tions provided by emergency response personnel, to include law enforcement, Emergency Medical Services or firefight-

ers.

(Editor's Note: Lynn is also the com- mander, 8th Military Police Brigade, 8th Theater Sustainment Command.)

### RELATED STORY

• Read about preps, pp. A-1 & A-6.

**Q: Why does the Hawaii Army Weekly publish courts-martial findings?**  
**A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publi- cation to inform the community of military justice trends and to deter future misconduct by Soldiers.**

## Private discharged for bad conduct

The Office of the Staff Judge Advocate, 8th The- ater Sustainment Com- mand, publishes the results of the following recent courts-martial.

A private (E-2) from Company B, Warrior Tran- sition Battalion, Schofield Barracks, was found guilty of two specifications of Ar- ticle 128, assault and aggra- vated assault; one specifi- cation of Article 134, com- municating a threat; one specification of Article 95, resisting arrest; one specifi- cation of Article 91, dis- obeying a lawful order of an NCO; and one specifi- cation of Article 90, dis-

obeying a lawful order of an officer.

The private was sen- tenced to be reduced to a private E-1, confinement for three years and a bad conduct discharge.

In addition to forfeiture of pay (either adjudged or by operation of law), con- finement and a punitive discharge, the Soldier will also have a federal convic- tion that the Soldier must report when filling out a job application. A federal con- viction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote

# Voices of Ohana

Father's Day is June 17.

What is the best piece of advice you've received from your father?

Photos by 8th Theater Sustainment Command Public Affairs Office



"Join the Army."

**Sgt. Kristin Fligg**  
XO for CSM, 8th TSC



"Do everything in life as if it were a painting, as if you were going to put your name on it."

**Sgt. Trevor Johnson**  
HHC, 130th Eng. Bde., 8th TSC



"Never tattoo a woman's name on your body."

**Staff Sgt. J. D. McBride**  
58th MPC, 728th MP Bn., 8th MP Bde., 8th TSC



"If life gives you lemons, then make lemon- ade."

**1st Lt. Frank Nago**  
3-7 FA, 3rd BDE, 25th ID



"Always take care of your children, because you never know when you'll need their help."

**1st Sgt. Reginald Parham**  
HHC, 2nd Brigade, 25th ID



BACK TO BASICS

A good leader equips Soldiers with basic life skills

**SGT. MAJ. DALE SPROULE**  
94th Army Air and Missile Defense Command

The Army is resurrecting an old theme, the “Back to Basics” mentality.

Soldiers are saying this is a new buzzword or a new Army program, but that is far from the truth. In fact, the “Back to Basics” culture dates back to when I joined the Army.

B2B is an enabler allowing us to take care of ourselves, and our fellow Soldiers. It guides how we coach, teach and mentor Soldiers.

My role models set a good foundation derived from culture, tradition and standards, allowing me to be empowered to train and lead.

Our concentration of effort after 9/11 focused on the conflict of war and not on garrison operations. We developed, managed, trained and led Soldiers to detect, engage and defeat the enemy. But as we withdraw from Iraq and Afghanistan,

our noncombat mentality has been lost, which affects our ability as an organization to take care of Soldiers and families.

Currently, our junior Soldiers are very intelligent, but they lack the interpersonal skills necessary to be engaged with their subordinates and families. In our ranks, we have Soldiers who do not know how to balance a checkbook or know what an Army Emergency Relief, or AER, loan is.

We need to have a systematic approach for Soldiers to learn their jobs, as well as to learn how to care for themselves and the Soldiers they lead. We need to show the Soldiers and leaders, through counseling, how to reinforce those



Sproule

learned skills.

This approach begins at the squad level. When you make your leader’s book and track the welfare of your Soldiers, you will learn their strengths and weaknesses.

Ask yourself this: As a leader, are you conducting home visits to see how your Soldiers and their families are doing? Do you know if your Soldiers, whether they are single or married, are having any family, personal and/or financial problems that will hinder them in garrison and/or the field?

Do you, as a leader, know what you need to do to execute and to assist in such a scenario?

By learning about your Soldiers, you can better help them and guide them in the right direction. You, in turn, will know how to take care of your team, and by taking care of your team, you will begin a lifelong learning process of building individual leadership skills.

We are a Profession of Arms; we should emphasize the importance of professional reading, the study of your particular job skills, and the study of regulations that govern the Army. The military has a myriad of programs and systems emplaced to help and guide you and your Soldiers. Take advantage of all the opportunities laid out in front of you.

B2B ethos is to look at the three pinnacle principles: Be, Know and Do.

- “Be” technically and tactically proficient.
- “Know” to place the Mission first.
- Always “Do” what is expected of you by taking care of the families under your charge.

The programs and systems are in place and are readily available to use. It is now just a matter of training as to what the programs are and how to implement them in the unit and with the individual Soldier.

PTA POHAKULOA TRAINING AREA

TAMC visit provides needed services

Medical assessments save government vital time, money by going to work areas

JAN CLARK

Tripler Army Medical Center Public Affairs

HONOLULU — Members of the Department of Occupational Health traveled to the Big Island, recently, to provide medical assessments for government employees working there.

The biannual trip sends three staff members from TAMC to Kilauea Military Camp, the Pohakuloa Training Area and the Hawaii Air National Guard heliport, where assessments are made to ensure employees are fit to perform the demands of their positions.

While each location brought different requirements due to positions held there, all those evaluated were sent for pre-screening (to include lab work), based on job description, prior to their scheduled appointment.

“Once they arrive for their appointment, I check their vital signs and do a quick medical history, making sure nothing has changed, like medications, or if they have had an injury in the past year,” said Ginger Velarde, staff registered nurse.

“For the police officers and firefighters, we also provide cardiac assessment, which includes cholesterol testing, lipid profile and check for diabetes. We check to make sure their blood pressure is within normal limits,” Velarde added.

The second step in the process is administered by George Alba, clinical nurse, who performs an initial screening, reviews results of lab tests and highlights any changes in the job description that require further testing or examination.

“We review their job descriptions, their medical histories and ensure our physician knows of any changes prior to examination. This way, we keep those working here on the Big Island fit and healthy to perform their jobs,” Alba said.

One of the benefits of these visits is that conditions that need correcting are found. An even bigger benefit is the level of trust that has developed between the occupational health staff and the employees who are seen here.

“They come to us with their concerns, their worries that they are being exposed to something like jet fuel fumes without using a respirator, because they can smell the fumes,” said Dr. Clarissa Burkert, chief of Occupational Medicine.

“We arrange for the TAMC industrial hygienist to travel here to measure the concentration of the fumes that the workers are exposed to,” Burkert explained. “By taking measurements with monitoring devices placed on the concerned individuals, we can advise them whether they need respirators to prevent illness.”

The trickle-down effects of budget cuts are obvious in that some of those with previously specialized job tasks are now being asked to perform additional functions to cover for staff reductions. They then have to be evaluated for the increased range of exposures they now encounter.

While those receiving evaluations preferred to only speak offline, the consensus was that occupational health staff traveling to the Big Island saved time away from the job and government money. With 157 government employees the cost of sending them for temporary duty, or TDY, would be high.

“We go into the actual work areas, providing direct preventive maintenance and preventive education out into the community, where the patients are, where people live and work,” Alba said. “It is the most cost-effective and convenient way for all involved.”



Sfc. Joe Battle and Sgt. Mahlet Tesfaye | 25th Infantry Division Public Affairs

Seventeen Soldiers receive their official retirement awards at a ceremony held June 6 at the Nehelani, Schofield Barracks.

Retirees honored for years of service

25TH INFANTRY DIVISION  
Public Affairs Office

SCHOFIELD BARRACKS — With 396 years of combined military service to the U.S. Army, 17 Soldiers marched across the stage at the Nehelani, here, to receive their official retirement awards, June 6.

Headquarters and Headquarters Battalion, 25th Infantry Division, hosted the ceremony.

“On this historic day, allied troops stormed the beaches of Normandy. These retirees and the long gray line of those who have gone before us remind us of the great sacrifices made by our men and women in uniform and their sacred loved ones,” said Chaplain (Lt. Col.) Scott Hammond, 25th ID.

“Your commitment and dedication have been an inspiration for those who will follow in your footsteps, and for all Americans who join me today in saluting you for a job extremely well done,” said President Barack Obama in the Presidential Certificate of Appreciation each of the retirees received.

In addition to their awards, retirees received a retirement pin, a lei and a U.S.

flag presented by the HHBN command team of Lt. Col. T.J. Johnson and Command Sgt. Maj. Roderick Taylor. Spouses

received a certificate of appreciation signed by Gen. Raymond Odinario, Army chief of staff.

Retirees

25th Infantry Division

Sgt. 1st Class Inez Renee Baker, HHBN, 26 years  
Sgt. 1st Class Leslie Cook, 3rd BCT, 21 years  
Sgt. 1st Class James Corley, HHBN, 22 years  
Col. Bryan Dion, 3rd BCT, 29 years  
Master Sgt. Luis Espinoza, 3rd BCT, 29 years  
Sgt. 1st Class Ty Gage, 2nd BCT, 24 years  
Master Sgt. Jeffrey Geck, 2nd BCT, 23 years  
Sgt. Maj. Santiago Hernandez, 3rd BCT, 23 years  
Staff Sgt. Reginal Morales, 25th CAB, 24 years  
Sgt. 1st Class Larry Moreno Jr., 2nd BCT, 20 years

Staff Sgt. Jessilyn Perez, 25th CAB, 22 years  
Chief Warrant Officer 2 Jason Smisen, HHBN, 20 years  
Sgt. 1st Class Aubrey Smith, 3rd BCT, 21 years  
Staff Sgt. William Wynn, 2nd BCT, 22 years

Criminal Investigation Division  
Chief Warrant Officer 4 Eugene Quinn, 19th MP Bn., 6th MP Group, 21 years

Tripler Army Medical Center  
Maj. Donna Smawley, Medical Co., Schofield Barracks Health Clinic, 21 years

U.S. Army-Pacific  
Master Sgt. Veronica Valentine, 28 years

Senses: Ears require training to hear God’s wisdom

CONTINUED FROM A-2

leave your wife for someone prettier, then you might do something disastrous. If people tell you God doesn’t care about you because he is not real, you might go through life without hope.

You have two God-given ears to reject such dangerous words, but ears don’t automatically do this. You must train your

ears to value what is real and lasting over what is false and temporary.

Train your ears first by hearing God’s words. You do this by reading the Bible and through prayer. He advises us how best to treat others and make decisions.

Second, pay attention to wise people. Watch them to know whether their advice can be trusted. If they are fools, then let their words pass your ears without ac-

cepting them.

Third, think rightly about your decisions. Do you really want to trade in your reputation for a short-term gain?

Food inspectors stamp different grades on what you put in your mouth. Shouldn’t you do the same with what you put in your ears?

Don’t buy every word, only those that pass God’s “Grade A” standards.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

**Today**  
**PTA Change of Command** — Lt. Col. Rolland Niles, commander, U.S. Army Garrison-Pohakuloa Training Area, will relinquish command to Eric Shwedo at PTA, 10 a.m., July 10.  
RSVP by June 24 to shiela.y.y.angilmau.civ@mail.mil or call 969-2423/2426/2428.  
Attire is duty uniform for military

and aloha attire for civilians.

**Soldiers Magazine** — Find “Soldiers Magazine” online at www.soldiers.dodlive.mil. The Defense Media Activity printed a special edition for June and features interviews with the Secretary of the Army, the Under, the Chief and the Vice Chief of Staff, and our Sergeant Major of the Army. They share their perspectives of how they see Soldiers, Army challenges and goals. Perspectives of the Army of 2020 are also featured.

**18 / Monday**  
**Hawaii Defense Technology and Career Fair** — This career fair is

10 a.m.-2 p.m., Monday, June 18, at the Nehelani, Schofield Barracks. It’s open to job seekers who already have access onto the military installation with a military ID or CAC card.

The career fair is designed to assist those nearing separation or retirement and looking for an IT, technical or intelligence job — such as administrators, developers, linguists, aerospace/aviation professionals, engineers, analysts, finance professionals, program managers, communications and homeland security professionals, project managers, contracting, acquisition and cyber security professionals.

Experienced military, government civilians and contractor professionals

are invited, too.

Email a copy of your resume, to be shared with prospective employers, in Word format only, to Resume@TransitionCareers.com before the career fair takes place.

For more information go to www.TransitionCareers.com.

**19 / Tuesday**  
**White House Communications Agency Visit** — The WHCA recruiting team will conduct an orientation briefing and follow-on interviews for interested candidates 9:30 a.m., Tuesday, at Sgt. Smith Theater, Schofield Barracks.

The WHCA seeks Soldiers, E3-E8,

who demonstrate superior military bearing and high moral character to perform as part of an elite joint team.

After the briefing, interested Soldiers can complete a Security Screening Questionnaire and return it that afternoon; they’ll receive a follow-on interview, June 19-22. Soldiers who meet requirements will be placed on White House hold to undergo screening for a TS/SCI and Presidential Support Duty clearance.

The WHCA provides direct support to the president, vice, first lady and others. Selected Soldiers will proceed with permanent change of station, or

**See NEWS BRIEFS, A-6**





Photos by Sgt. Gaelen Lowers | 8th Theater Sustainment Command Public Affairs

Maj. Kelly Steele, adjutant for the 8th TSC change of command ceremony, range walks to her position at the front of the formation to instruct the bugler which positions to call to formation at the beginning of the ceremony, held on Hamilton Field at Schofield Barracks, Wednesday.



(From left) Maj. Gen Stephen Lyons, incoming commander, 8th TSC; Col. Charles Maskell, deputy commanding officer, 8th TSC, and ceremony commander of troops; Lt. Gen. Francis Wiercinski, commander, USARPAC; and Maj. Gen. Michael J. Terry, outgoing commander of the 8th TSC, as well as the command’s driver, Staff Sgt. Brian Hout, perform the inspection of troops.



Terry (right) stands with Lyons during the pass and review portion of 8th TSC’s change of command ceremony.

# 8th TSC: Terry gives final address to command

CONTINUED FROM A-1

ployed units, and reintegrating units and Soldiers upon their return.”

The 8th TSC, he said, continued to support USARPAC and its mission despite the constant process of deployment and redeployment.

“The great leaders and Soldiers you see on this field and in the stands make that happen,” Terry said.

Terry admitted that it was tough giving up the colors, but changing command is what makes our Army the finest in the world.

“Commanders come and go, and through it all, the units go on and continue to excel,” he said.

Lyons kept his speech short, but made sure to thank those for whom he had the most respect.

“There is no question in my mind that you, the Soldiers, are the best America has to offer,” he said. “Through your service, you demonstrate that responsibility comes before privilege. You honor those who came before us. Daily, you demonstrate your incredible strength of character through your commitment to freedom, willingness to give more than you take, and being part of something bigger than yourself.”

Lyons also thanked Lt. Gen. Francis Wiercinski, commander, USARPAC; Terry and his family, for their strong support and seamless transition; the veterans in the stands; and the families of all the Soldiers deployed.

Before leaving the stand, Lyons thanked the Soldiers one last time and promised that together, they would help make the 8th TSC even stronger.

“Thanks for what you do,” he said to the Soldiers on the field. “It is an absolute privilege to stand in your ranks, with you, as we build on the next chapter in our history.”

## Moore joins the 5th BCD

Story and Photo by  
**SGT. LOUIS LAMAR**  
94th Army Air and Missile  
Defense Command  
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 5th Battlefield Coordination Detachment held a change of responsibility ceremony at Aloha Aina Park, here, June 6.



Moore

The 5th BCD bid farewell to Command Sgt. Maj. Hai Dang, who will become the command sergeant major for the 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

The detachment welcomed Sgt. Maj. William Moore, a former 3rd BCT, 25th ID security force advisor, as its new operations sergeant major.

“Today is not about the honor owed to myself,” said Dang. “It’s about the recognition of the hard work and dedication of the unit’s officers, [NCOs], Soldiers and their families.”

Dang later stated that during his 29 years of military service he has always been blessed with great commanders. He said he was humbled to have served with the 5th BCD ohana.

Moore said that his effort as incoming operations sergeant major for the 5th BCD was encompassed in the third stanza of the Ranger Creed: “Never shall I fail my comrades. I will always keep myself mentally alert, physically strong and morally straight, and I will shoulder more than my share of the task, whatever it may be, 100 percent and then some.”



# Badge: Select Soldiers take up proficiency challenge, few take away medals

CONTINUED FROM A-1

Sergeants Major Academy, presided.

The first day started out with a 9-millimeter qualification at KR8 range. Given five rounds, each Soldier needed to determine the medal for which he or she would strive — three of five rounds for bronze, four of five for silver, and five of five for gold. Soldiers then continued the attempt for that specific medal or received nothing.

From there, Soldiers not certified in the Combat Lifesavers Course took a medical test. All participants finished the first day with a timed ruck march carrying 33 pounds and four quarts of water.

“I think everyone is doing exceptionally well,” said Maj. Richard Dixon, Headquarters and Headquarters Battalion, U.S. Army-Pacific. “It’s great to see all the camaraderie ... Soldiers helping out their fellow Soldiers.”

The second day of events concentrated on track and

field and sporting events, such as swimming, a high jump or long jump, 100- and 1,000-meter sprints, bench presses, and a 2,000-meter run for females and 5,000-meter run for males.

One particular event, however, had Soldiers struggling to stay afloat.

“Up to this point, it’s been the swim portion that’s been the toughest,” said Sgt. Kyle Mangrum, tactical communications officer, 8th Special Troops Battalion, 8th Theater Sustainment Command. “It’s 200 meters, (and) I know 200 meters doesn’t sound like a lot, but unless you swim every day, it kind of hurts.”

Awards were given out, June 7, to those who succeeded in passing all events for their medal.

The event began with 189 participants and ended with 112 medal recipients.

Seventy-nine individuals made gold, 26 made silver and 7 made bronze.



Select Soldiers from USARPAC compete for the German Armed Forces Proficiency Badge in a variety of events, including (clockwise from top left) a 9-millimeter qualification challenge, 200-meter swim and 100-meter sprint at Schofield Barracks, June 5-6.



**Spc. David Seong** | 311th Sig. Command (Theater)

SCHOFIELD BARRACKS — Spc. Daniel Lunceford, multi-channel transmissions systems operator-maintainer, B Company, 307th Expeditionary Signal Battalion, clears the high-jump task during the German Armed Forces Proficiency Badge event, here, June 5.

## Six in 94th AAMDC earn GAFPB

**SFC. ADAM PHELPS**  
94th Army Air and Missile Defense Command Public Affairs

FORT SHAFTER — Six Soldiers with the 94th Army Air and Missile Defense Command received the German Armed Forces Proficiency Badge, June 7, at Hale Ikena, here.

The GAPB is one of the few awards that Soldiers in the U.S. military are approved to wear on their uniforms.

The badge is earned by fulfilling a number of strenuous requirements, including a pistol qualification, a ruck march, a 100-meter swim, a high jump, a 100-meter sprint, a 3,000-meter long-distance run and a bench press.

“It’s a lot of work,” said Command Sgt. Maj. Hans Stark, German liaison command sergeant major based out of Fort Bliss, Texas.

“There are two days of intense training, but before that, the Soldiers have to prepare,” Stark added.

Out of the 189 Soldiers who started, only 112 survived the grueling two-day event.

“I would like to thank all of you for what you do on a daily basis,” said Stark. “I would like to thank you for your service, especially all of the family members. And always remember what we do is not just a job; it is a profession.

“We are part of a larger organization,” Stark continued. “We serve the people of our country. We are soldiers 24/7.”

Stark told the participants to take care of their family and each other, as well as to always be professional.

### 94th AAMDC Awardees

- Staff Sgt. Brandon Bybee
- Spc. Jesse Clem
- Staff Sgt. Christopher King
- Sgt. Steven Lamb
- Pvt. Joseph McGinnis
- Pvt. Hunter Reiner

# Army redefines CES requirements

**JULIA BOBICK**  
U.S. Army Recruiting Command

FORT KNOX, Ky. — The Army has redefined employee eligibility for its complement of Civilian Education System, or CES, leader development courses, as well as the rules for receiving course equivalency credit based on previous military education and training.

“We wanted to eliminate any confusion and establish a clearly progressive leader development model for our civilian workforce,” said Vicki Brown, chief of the Army’s Civilian Training and Leader Development Division, Army G3/5/7 Training Directorate.

Brown added the changes were implemented to help all Army leaders, supervisors and managers better define command training requirements; more clearly understand their civilian employees’ training and leader development requirements; and make appropriate recommendations for their professional development.

CES courses are aligned with a civilian employee’s grade level, similar to the way the Army has identified grade requirements in the Noncommissioned Officer Education System, Warrant Officer Education System, and Officer Education System, which allows for greater consistency of requirements development across commands and organizations, provides deliberate progressive development for Army civilian employees and meets Department of Defense Instruction 1430.16 to grow civilian leaders.

Eligibility is based on the following grade levels, with first priority given to supervisors, managers and team leaders, in accordance with Army Regulation 350-1, Army Training and Leader Development:

- Basic Course: GS-01 to GS-09 or equivalent pay band,
- Intermediate Course: GS-10 to GS-12 or equivalent,
- Advanced Course: GS-13 to GS-15 or equivalent (no change), and
- Continuing Education for Senior Leaders: GS-14 to GS-15 or equivalent (no change).

In addition, a Foundation Course is required for all civilian employees (GS-01 to GS-15 or equivalent) hired

after Sept. 30, 2006. If required, the Foundation Course must be completed before employees are eligible to apply for the resident phase of their target CES leader course.

When individuals create/update their profiles and register for CES courses within the Civilian Human Resource Training Application System, or CHRTAS, they will see the CES course for which they are eligible based on grade level and previous professional military education and civilian leader development course completions recorded in the Army Training Requirements and Resource System, known as ATRRS.

CHRTAS automatically determines equivalent course credit for PME and civilian leader development courses that have been approved for equivalent credit by TRADOC.

In addition, the “10-year rule” for receiving course equivalency credit has been eliminated. Individuals may now receive credit for legacy civilian or military leader development courses, regardless of when they completed the courses.

The FY 13 training schedule for CES courses is now available in CHRTAS, and qualified employees may begin registering for Phase II (resident) courses.

“It’s important for employees to learn about the system and the programs available to them so they can take ownership of their own development,” Brown said. “A successful career always requires active management, and the best person to manage your career is you.

“No one else has as much at stake in the outcome of your career decisions,” Brown added, “and no one else will work as hard to ensure success.”

To learn more about and register for CES courses and other Army civilian professional training and leader development opportunities, visit [www.civiliantraining.army.mil](http://www.civiliantraining.army.mil).

*(Editor’s Note: Bobick, a public affairs specialist with the U.S. Army Recruiting Command, wrote this article during a public affairs fellowship with the Civilian Training and Leader Development Division in the Headquarters, Department of the Army, G-3/5/7 Training Directorate.)*

## HUREX: Makani Pahili ends

CONTINUED FROM A-1

loss of life and property, June 5-7. The garrison conducted a command post exercise to simulate damages with key objectives:

- to test the effectiveness of the installation disaster preparedness operations plan and emergency operations center procedures,
- to test mass notification systems and alert notification procedures,
- to test and exercise shelter in place and safe haven operations,
- to test family assistance center operations at Schofield Barracks and Fort Shafter, and
- to improve internal emergency operations center operations and procedures.

The 45th Special Troops Bat-

alion and 205th Military Intelligence Battalion supported the installation with safe haven operations. Also, installation family assistance centers processed Soldiers and volunteers to assist with the discomforts and losses that were also simulated during Makani Pahili.

After the HUREX, emergency operations center staff evaluated and assessed USAG-HI’s preparations for disaster, its technical performance and its procedural steps. Together with the garrison commander, Col. Douglas Mulbury, directorates, supporting staff and tenants gathered valuable after-action analysis that will aid readiness and recovery from potential hurricanes.

Hawaii’s hurricane season began June 1 and continues through Nov. 30.



**Francis Smith** | Directorate of Plans, Training, Mobilization, and Security; U.S. Army Garrison-Hawaii

Emergency operations center staff assess simulated hurricane damage during USAG-HI’s annual hurricane exercise, Makani Pahili, held May 29-June 7.

## News Briefs

### CONTINUED FROM A-3

PCS, upon completion of their current tour.

For more details, call Sgt. Maj. Hector Cruz, (202) 757-5168 (DSN 284-2000, ext. 7-5168), or Sgt. 1st Class Rodriguez, (202) 757-5156 (DSN 284-2000, ext. 7-5156).

**25 / Monday**  
**Officer Invitation** — Retired Navy

Capt. Russell Vowinkel, national commander of the Military Order of the World Wars, will attend the Hawaii Gaylord Dillingham Chapter at its monthly meeting, 11 a.m., June 25, at the Maile Room of the Hale Ikena Conference Center, Fort Shafter.

Vowinkel will discuss the upcoming annual convention in San Diego in August and recent initiatives at MOWW national headquarters.

Founded in 1919, the MOWW is open to officers from all of seven uniformed services: Army, Navy, Air Force, Marines, Coast Guard, Public

Health Service, and National Oceanic and Atmospheric Administration Corps.

Current MOWW members are invited to attend, too. For more details, contact retired Lt. Col. Jeff Toms, chapter commander, at [jefftomsf@yahoo.com](mailto:jefftomsf@yahoo.com).

**26 / Tuesday**  
**25th ID Awards Ceremony** — The 25th Infantry Division will host

a Quarterly Awards and Recognition Ceremony, 10 a.m., June 26, at the Post Conference Room, Schofield Barracks. The awards presented will be the Ali’s Award, the Lokahi Award and the Yellow Ribbon Award.

For more information, contact Staff Sgt. Welch at 655-8580.

**Ongoing**  
**Kunia Road Lane Closure** —

Temporary evening lane closures on Kunia Road, just south of Schofield Barracks’ Lyman Gate, are scheduled now through June 21.

The lane closures will take place 7 p.m.-5 a.m., Monday-Saturday.

This construction effort will upgrade Army sewer lines.

Motorists are advised to expect delays and use caution while driving through affected work areas.





Photo by Miller Design

# Renovation revitalizes the Army's busiest golf course

**JACK WIERS**  
Pau Hana Editor

WHEELER ARMY AIRFIELD — The rededication of newly renovated Leileihua Golf Course came with a bang, Tuesday.

First a Hawaiian blessing and maile lei untying ceremony helped signal a new era for what an Army official described as “one of the Army’s treasured favorites.”

Next, Maj. Gen. Roger Mathews, deputy commander of U.S. Army-Pacific, provided a highlight reel moment with the anticipated ceremonial first tee shot.

Instead of the crack of a crisply hit shot, however, there came, first, a small boom, and then a burst of white powder, followed by roars of laughter from command, dignitaries and fellow onlookers.

Laughing and smiling with the rest of the crowd, Mathews later offered he was compiling “a list of suspect characters” as likely candidates for the exploding golf ball prank.

It was an uncharacteristic launch to the old

‘It’s exactly the way we envisioned it.’

**Mike Iyoki**  
Leilehua director of golf

and elegant championship course, long considered one of the top military courses in the world, and now considered an elite military course.

“I was a little skeptical at first,” said Hal Okita, former director of golf for Leilehua, “... (but) a golf course, over time, needs to be revitalized.”

During a 14-month period, from January 2011-March 2012, closed portions of the course limited play to nine holes. Tee boxes were redesigned and enlarged, greens were given greater slope and enlarged, while bunkers were expanded to combine im-

proved drainage and growth while also attempting to create greater challenges for players.

“We didn’t want to change the feel of the course,” said Mark Miller, project architect, based out of Denver. “We added some slope and roll to the greens for more strategic shot-making.”

The business of Leilehua golf and the return to full 18-hole play provides an important financial boost to U.S. Army Garrison Hawaii’s Directorate of Family and Morale, Welfare and Recreation. Leilehua golf officials said the course is nearly completely booked since returning, and they anticipate a return to approximately 60,000 annual rounds of golf.

The \$9.3M Leilehua facelift project readies the course to, once again, become the most heavily used course in the Army.

Project costs came from non-appropriated funds, or NAF major construction funding and is a reinvestment of Soldier-generated FMWR dollars.

“I think Leilehua will be an example for all of Army golf, in particular,” said Kevin Orton, project manager at FMWR Command, U.S. Army.

“A fully operational Leilehua is expected to, not only support the golf operation, but also generate profits that will benefit other FMWR- and Soldier-related programs,” said Debra Zedalis, regional director, Installation Management Command-Pacific Region.

The course is averaging almost 200 starts a day.

“Leilehua is the No. 1 revenue generating program for Army MWR in Hawaii,” said Rhonda Hunter, FMWR business operations director.

In the end, however, Leilehua is in the business of golf, and the course is being re-launched with great fanfare.

“This is a great design. ...It’s exactly the way we envisioned it,” said Mike Iyoki, Leilehua director of golf. “If this golf course isn’t in the top three of all military golf courses, I’ll be terribly surprised.”



Photos by Jenny Duong | FMWR Marketing

Maj. Gen. Roger Mathews, deputy commander, U.S. Army-Pacific, discovers a prank exploding golf ball on the ceremonial first tee shot at the grand re-opening of Leilehua Golf Course, Tuesday.



Debra Zedalis, regional director, Installation Management Command-Pacific Region, joins Maj. Gen. Roger Mathews (center), deputy commander, U.S. Army-Pacific, and Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, for the untying of the ceremonial maile lei at the grand re-opening of Leilehua Golf Course, Tuesday.



File Photo

Old Glory will be held up high during an evening tribute at the upcoming 41st annual Fourth of July Spectacular at Schofield Barracks. The daylong event at Weyand Field begins with a 5K run at 9 a.m. and features rides, crafts, games and entertainment. The celebration culminates with holiday fireworks.

## Fourth of July Spectacular less than three weeks away

SCHOFIELD BARRACKS — Community members are heartily invited to join military and civilian employees and their families in celebrating our nation’s birthday, July 4, here, at Weyand Field.

The Army’s 41st Annual Fourth of July Spectacular, a daylong celebration, includes games, a 5k Fun Run, a children’s 1-mile fun run, crafts, a new products bazaar, entertainment, lots of food and evening fireworks.

Gates will be open for public access; however, random vehicle in-

spections will be conducted. Visitors will need to show a valid driver’s license, proof of insurance and a current safety check.

Carpooling or walking to the event is encouraged. Backpacks and coolers, as well as vehicles, are subject to inspection.

Glass containers will not be permitted.

See next week’s “Hawaii Army Weekly” for a complete listing of events and details about entertainment.

### Fourth of July Events

- 8 a.m., 5k fun run
- 9 a.m., 1-mile children’s fun run
- 10 a.m., games, rides, food booths open
- Noon, 25th Infantry Division Band (The Lightning Jazz Project) performs on MWR stage
- 3:30 p.m., Sky Dive Hawaii provides demo
- 4 p.m., Hoobastank performs
- 5:30 p.m., Jack’s Mannequin musical performance

### Fourth of July 5k online registration

Register for the 5k run prior to June 19 and save \$10. Entry forms for the Fourth of July Spectacular 5k run are available at:

•www.himwr.com





Briefs

**16 / Saturday**  
**Army Birthday Celebration** — Continue celebrating the Army’s birthday (June 14), starting at 2 p.m., June 16, Palm Circle, Fort Shafter. Highlights include a polo game, military static displays, pony and carriage rides and keiki activities. Beverages will be available for purchase; however, bring your own chairs, umbrellas or small pop-up canopies. Event is free and open to the public. Visit [www.himwr.com](http://www.himwr.com) or call 655-0111/0115. For the listing of Pacific Army Week events, visit [USARPAC.army.mil/PAW](http://USARPAC.army.mil/PAW).

**17 / Sunday**  
**Father’s Day Brunch** — Celebrate Father’s Day, June 17, with Sunday brunch at FS’s Hale Ikena or SB’s Nehelani. Reservations are required. Call 438-1974 for Hale Ikena or 655-4466 for Nehelani seating times.

**Dad’s** — bring your receipt to either the SB or FS Bowling Center for up to three free games. Call 655-0573 (SB) or 438-6733 (FS) for more information.

**Father’s Day Golf Tournament** — Starts at 11:05 a.m., June 17, at the Walter J. Nagorski Golf Course at FS. Register by calling 438-9587; visit the Nagorski or Leilehua Pro Shop to register in person. Tee prizes include Mizuno apparel.

**18 / Monday**  
**Free Hula Classes** — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com). Class dates follow:  
•Mondays, Kalakaua Community Center, SB.  
•Tuesdays, AMR Community Center.

**19 / Tuesday**  
**Nehelani Magic Show** — Experience a magical evening of mystery, fantasy and comedy with magician Mark Mauricio at the Nehelani, SB. Doors open at 5 p.m.; show starts at 6:30 p.m. Cost is \$20 for ages 11 and up; \$12 for 10 and under. Call 655-4466 for reservations.

**20 / Wednesday**  
**Teen Wednesdays** — Bowl at Wheeler Bowling Center, 2-4 p.m. Teens (ages 13-19) can cosmic bowl for only \$2. Free shoes with a two-game minimum. Call 656-1745.

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**State Fair** — This annual event runs through June 24, weekends only, at Aloha Stadium. Visit [www.ekfernandez.com](http://www.ekfernandez.com) for details.

**Soldiers Magazine** — Find Soldiers Magazine online at [www.soldiers.dodlive.mil](http://www.soldiers.dodlive.mil). The Defense Media Activity printed a special edition for June and features interviews with the Secretary of the Army, the Under, the Chief and the Vice Chief of Staff, and our Sergeant Major of the Army. They share their perspectives of how they see Soldiers, Army challenges and goals. Perspectives of the Army of 2020 are also featured.

**18 / Monday**  
**Hawaii Defense Technology and Career Fair** — This career fair is 10 a.m.-2 p.m., Monday, June 18, at the Nehelani, Schofield Barracks.

**21 / Thursday**  
**Zumba** — The FS Physical Fitness Center offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

**23 / Saturday**  
**Fourth of July Run** — Register today for this annual 5K event at SB. Register by June 23 at [www.himwr.com](http://www.himwr.com).

**Saturday Night Spotlight** — The schedule for Saturday Night Spotlight at Kolekole Bar and Grill, SB, follows:  
•First Saturday, Old School Soul Night with DJ Bennie James,  
•Second Saturday, Country Night (guest starring Nashville Waikiki’s DJ),  
•Third Saturday, Hip-Hop/R and B Night, and  
•Fourth Saturday, Karaoke Night.

**29 / Friday**  
**Basketball Tournament** — Entry deadline is June 29 for the Army Hawaii men’s and women’s 30 and older basketball tournament. Call the Sports Office at 655-0856/9914.

**July 4 / Wednesday**  
**Fourth of July Spectacular** — Event is 9 a.m.-9 p.m., at Weyand Field (adjacent to Sills Field), SB. All gates will be open to the public, but everyone over the age of 16 must have a state or federal government ID card to gain entry on post. Activities will include rides and inflatables, a military working dog demo, an arts and crafts bazaar, entertainment and fireworks. Call 655-0111/2. Visit [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com) to register for the 5K Fun Run and Children’s 1-Mile Run.

**Ongoing**  
**Summer Reading Program** — Register now for this free Army library program. It’s open to all ages: keiki 3-5, 6-11, 12-18 and adults. Registration is underway. Call the FS library at 438-9521 or Sgt. Yano library, SB, at 655-8002. Each week features a special entertainer:  
•June 19-20, Sing Along with Uncle Wayne;  
•June 26-27, Balloon Monsoon, a magic show;  
•July 3, McDermott in Motion, a program highlighting stories by Gerald McDermott; and  
•July 10 and 11, Bungee the Clown.

**Friday Night Entertainment Series** — See new acts at 8 p.m., Fridays, at Kolekole Bar and Grill, SB. Call 655-4466.  
•First Friday is Comedy Night (for mature audiences only).  
•Second Friday is live bands.  
•Third Friday is the Colby Benson

It’s open to job seekers who already have access onto the military installation with a military ID or CAC card. The career fair is designed to assist those nearing separation or retirement and looking for an IT, technical or intelligence job – such as administrators, developers, linguists, aerospace/aviation professionals, engineers, analysts, finance professionals, program managers, communications and homeland security professionals, project managers, contracting, acquisition and cyber security professionals. Experienced military, government civilians and contractor professionals are invited, too. Email a copy of your resume, to be shared with prospective employers, in Word format only, before the career fair takes place, to [Resume@TransitionCareers.com](mailto:Resume@TransitionCareers.com). For more information go to [www.TransitionCareers.com](http://www.TransitionCareers.com).

**23 / Saturday**  
**Cancer Survivorship Conference** — The 2nd annual Hawaii conference will be held 9 a.m.-3 p.m.

UNDER OATH



Photo by | 25th Infantry Division Public Affairs

The Big Bad Wolf testifies under oath as members of the U.S. Army JAG Corp demonstrate the legal impact of bullying through the timeless fairytale “3 Little Pigs” to Wheeler Elementary School students, recently.

Familiar fairytale teaches consequences

**25TH INFANTRY DIVISION**  
Public Affairs Office  
**WHEELER ARMY AIRFIELD** — Was she just defending herself, or purposely trying to hurt him? Who was the real bully? Why didn’t someone speak up? These were just a few of the questions Wheeler Elementary School students were asked to answer during a mock trial, recently held at the school, here, to promote student awareness and understanding of the law, the justice system and the impact of bullying. Students played the role of jury and audience members in the case of the United States vs. Curly Pig, who was charged with assault on the Big Bad Wolf with a wooden log. Curly Pig admitted that she did hit the Big Bad Wolf — in self-defense, she said, as the Big Bad Wolf was constantly bullying her and she was afraid of him. The Big Bad Wolf claimed that he was not bullying Curly Pig, but actually tried to befriend her, despite calling her names like “Porky” and “Ham Sandwich.” Students listened to both sides, viewed all evidence and rendered a decision. “The goal was to expose students to the trial process, the U.S. Army JAG Corps and the legal profession,

as well as to educate them on how to recognize and appropriately handle bullying. We also wanted to demonstrate what can happen when people choose to take justice into their own hands,” said Capt. Tonya Todd, who organized the presentation and acted as the narrator of the mock trial. “The students were very engaged; the presentation was both entertaining and informative. The students asked great questions,” said Capt. Doug Sackett, who played defense counsel for Curly Pig during the mock trial. During the first trial, Curly Pig was found guilty of assault. All the students agreed that Curly Pig could have done something or said something to prevent the Big Bad Wolf from bullying her. In fact, some jury members said that Curly Pig was a bully herself in that she excluded the Big Bad Wolf from activities with her friends. In this second trial, Curly Pig was found “not guilty” by means of self-defense. “Any opportunity to not only expose children to the legal profession, but to the profession of arms is an honor. It was indeed a pleasure,” said Capt. Tenisha Green, who played Dr. Smarty Suess during the mock trial.

**Band.**  
•Fourth Friday is the Taking Care of Business Band.  
**Ten Mile Race around Wheeler** — Deadline is 4 p.m., Aug. 9, to register for this race, which starts at 6:45 a.m., Aug. 19, at WAAF. Race is open to all with installation access. Active duty Soldiers with the fastest race time will be considered for Team Army Hawaii that will enter the Army Ten-Miler in Washington, Oct. 24. Register and pay fees at the fitness centers at SB and FS. Call 656-0086 or email [james.h.burghardt.naf@mail.mil](mailto:james.h.burghardt.naf@mail.mil).  
**Bowling** — During June, the Exceptional Family Member program will offer recreational bowling from 6-8 p.m. at the SB Bowling Center. Call 655-4777 or 655-4227.

See FMWR BRIEFS, B-4

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)  
AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel  
**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex  
**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC  
**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR  
**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex  
**Jewish Shabbat (Sabbath)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH  
**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex  
**Protestant Worship**  
•Sunday Services  
- 9 a.m. at FD, MPC and TAMC chapels  
- 9 a.m. at WAAF chapel, Lutheran/Episcopalian  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
**Single Soldiers’ Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.  
**Worship Service**  
•Sunday, 6 p.m. at SC.

**This Week at the Movies**  
**Sgt. Smith Theater**  
*Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.*



**Dark Shadows**  
(PG-13)  
Fri., June 15, 4 p.m.  
Sun., June 17, 2 p.m.  
Thurs., June 21, 7 p.m.

**Think Like a Man**  
(PG-13)  
Fri., June 15, 7 p.m.  
Sat., June 16, 7 p.m.  
Wed., June 20, 7 p.m.

**The Pirates! Band of Misfits**  
(PG)  
Sat., June 16, 2 p.m.

<b>Calendar abbreviations</b>	AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
8th TSC: 8th Theater Sustainment Command	AMR: Aliamanu Military Reservation	FMWR: Family and Morale, Welfare and Recreation	TAMC: Tripler Army Medical Center
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: family readiness group	USAG-HI: U.S. Army Garrison-Hawaii
ACS: Army Community Service	BSB: Brigade Support Battalion	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFAP: Army Family Action Plan	Co.: Company	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
	CYSS: Child, Youth and School Services		



MEDIEVAL TRAINING



25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Andrew and Joe Battle Jr, Wolf and Bear Scouts, both from Kapolei Cub Scout Pack 126, Koolina District, and sons of Sgt. 1st Class Joe M. Battle, Public Affairs, 25th Infantry Division, enjoy some brother-against-brother competition during the “Jousting” event at Cub Scout “Medieval Days” Day Camp, June 9, at Area X, here. The two-day Cub Scout camp, planned and run completely by volunteers, brought together the two Cub Scout districts from Koolina and Kaala to have fun, enjoy social activities and participate in many games and challenges based on events from medieval times.



SCHOFIELD BARRACKS — Andrew Battle, Wolf Scout, Kapolei Pack 126, Koolina District, and son of Sgt. 1st Class Joe M. Battle, Public Affairs, 25th Infantry Division, tosses “dragon food” in an attempt to keep a hungry dragon at bay during the “Squire Training” challenge portion of the Cub Scout “Medieval Days” Camp.



SCHOFIELD BARRACKS — Cub Scouts and parents from Kapolei Cub Scout Pack 126, Koolina District, launch a water balloon from a homemade catapult to try and hit an oncoming enemy during the “Medieval Artillery” challenge, June 8, at Area X, here.

Eagle Scout project delivers care for wounded warriors

ISLAND PALM COMMUNITIES  
News Release

SCHOFIELD BARRACKS — Planning a fundraising campaign, writing a grant request and assembling more than 100 care packages for the Warrior Transition Battalion at Schofield is no easy feat, but 13 year-old Danny Segura took the task on in his bid to earn the highest rank of Eagle Scout.

Danny, a student at Wahiawa Middle School, delivered and presented the care packages at the Soldier Family Assistance Center, June 1, to a crowd of thankful and proud people.

“It’s an honor and a privilege to serve this battalion, and it touches my heart to have

someone like Danny recognize a need and do such a wonderful thing,” said Lt. Col. Stanley Garcia, commander of the Warrior Transition Battalion, or WTB. “We appreciate his contribution, which will be a great benefit to our Soldiers.”

Joining Danny were his parents, Maj. Daniel and Stephanie Segura, fellow Boy Scouts from Troop 24, and a room filled with the battalion’s Soldiers, leaders and supporters.

After identifying the needs of Soldiers arriving on island, Danny worked tirelessly during the past several months to secure donations for the care packages, which included washcloths, razors, hygiene kits, paper goods, event popcorn and instant meals.

He planned and led a daylong fundraising campaign with his fellow Scouts at Walmart, which resulted in hundreds of product donations and more than \$1,400 in cash contributions.

Costco gift cards were purchased with the monetary donations that will be used by the WTB.

“The hardest part of the program was planning the fundraiser at Walmart,” said Segura, who coordinated the effort with the store manager, and then sought help from and organized other scouts to spend an entire day asking shoppers to support the cause.

Another boost to his project was a \$4,000 grant from Island Palm Communities’ Army Hawaii Housing Foundation to purchase Webcams for the battalion.

“We have a geographic challenge with many of our Soldiers who are separated from their families, so now having Webcams available can help them keep in touch with loved ones,” said Garcia.

Army Hawaii Housing Foundation board members Vicki Olsen, executive director, Hawaii Army Museum, and Dick Hawes, executive general manager, Lend Lease, also attended the presentation, which marked the very first grant awarded by the newly established foundation. “This was such a great project for our foundation to support,” said Olsen. “Danny did a lot of research and answered several questions by our board before receiving the grant, so we really commend him for his effort to take on a

project that will continue to benefit our Soldiers.”

The WTB provides personal support to wounded Soldiers who require at least six months of rehabilitative care and complex medical management. It is unlike any other brigade in the Army; the unit is focused only on healing wounded Soldiers.

The WTB is a unique composition of multiple components, consisting of active duty, Reserve and National Guard members and Department of the Army civilians.

Schofield Barracks has roughly 180 Soldiers assigned to the WTB.



Members from the Warrior Transition Battalion and Army Hawaii Housing Foundation gather to accept a donation of care packages and thank Scout Danny Segura (in front of sign, left) for supporting Soldiers.

Army Hawaii Housing Foundation online

The Army Hawaii Housing Foundation is a not-for-profit corporation established by an Island Palm Communities partnership. The foundation seeks to enhance the living, learning and well-being experiences of military families through the funding of projects that will enhance their quality of life.

To learn more about the foundation and funding opportunities available, log onto:

- [www.islandpalmcommunities.com/go/foundation](http://www.islandpalmcommunities.com/go/foundation)



NATIONAL SAFETY MONTH

# All asked to make a safety commitment

**ART POWELL**  
U.S. Army Combat Readiness/  
Safety Center

FORT RUCKER, Ala. — June is National Safety Month, and senior Army leaders are asking everyone, at all levels, to use this month as an opportunity to reaffirm a commitment to safety.

Fatal Army accidents have fallen steadily during the past four fiscal years and are now on par with peacetime levels.

“This remarkable success has been achieved despite the high operations tempo of our continuing missions overseas, proving once again the diligence and dedication of our Soldiers,” said Gen. Raymond T. Odierno, Army chief of staff. “I commend each and every one of you for your hard work in making safety a top priority, both on and off duty.”

Leaders, Soldiers, family members and Army civilians are encouraged to use National Safety Month, which is an annual observance sponsored by the nonprofit National Safety Council, to evaluate safety at both the unit and personal level.

Leaders are taking a hard look at their safety programs and making adjustments, as necessary, while Soldiers and civilians are providing their commanders with recommendations on better incorporating safety into their everyday tasks.

Off duty, Soldiers and family members should think about what they

can do to stay safe, such as the following:

- Slowing down on the road,
- Being watchful for pedestrians at crosswalks,
- Always wearing seat belts, and
- Ensuring guests at their homes have a designated driver, if needed.

National Safety Month coincides with the beginning of summer – historically the deadliest time of year for



Staff Sgt. Cashmere C. Jefferson | U.S. Army Pacific Public Affairs

FORT SHAFTER — U.S. Army Pacific’s senior enlisted leader, Command Sgt. Maj. Frank Leota, and his wife Vira, participate in an 80-mile “Memorial Ride for the Fallen,” recently, kicking off the Army’s 100 days of summer safety campaign on historic Palm Circle. More than 250 motorcyclists participated.

military off duty. According to Brig. Gen. William T. Wolf, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center, indiscipline is a leading cause of Soldier fatalities, particularly on America’s highways.

“Privately owned vehicle and motorcycle accidents are the number one accidental killer of our Soldiers,” said Wolf. “The fact that indiscipline

is entirely and easily preventable only compounds the tragedy of these losses.”

While much effort will be put into awareness during June, Wolf urged all members of the Army family to remember safety is a day-to-day commitment and responsibility.

*(Editor’s Note: Powell works with the USACR/SC’s Strategic Communication Directorate.)*



File Photo

SCHOFIELD BARRACKS — Junior police officers at Hale Kula Elementary School assist with pedestrian and traffic safety. On- and off-post schools are in session at various times. That means, across Oahu, in neighborhoods and in business zones, drivers need to be aware of pedestrian traffic.



**Briefs**

CONTINUED FROM B-2



CONTINUED FROM B-2

1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month.

Consignment hours are 9-11 a.m. Call 624-3254 or email [huihthrftshopliaison@gmail.com](mailto:huihthrftshopliaison@gmail.com).

Visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com) or search for “hui-thrift-shop” on Facebook.

**Troops to Teachers** — This program directly supports military members who have chosen teaching as a career. It allows up to a \$10,000 bonus for teaching in high-needs areas. Call 586-4054, ext. 409.

**Schofield Chapel Family Night** — Sessions for deployed spouses about marriage and finances are conducted Wednesdays at the SB Main Chapel. Youth groups and Bible clubs also meet then.

**Smoothies Concession** — Rich’s Daily Grind and Smoothies is now open at the Martinez Physical Fitness Center, Building 488, SB. Call in orders at 438-0128. Schedule follows:

- Monday-Friday, 8 a.m.-8 p.m.
- Saturday-Sunday, 9 a.m.-5 p.m.

**Kids Bowl Free** — Register your keiki at

[www.kidsbowlfree.com/BowlArmyHI](http://www.kidsbowlfree.com/BowlArmyHI). Via email, receive free bowling passes, every week during the summer, to bowl two free games a day. Call 438-6733 or 655-0573.

**Mongolian Barbecue** — Served starting at 5 p.m., Mondays at SB’s Kolekole Bar and Grill, and Thursdays at FS’s Mulligan’s Bar and Grill. Cost is 65 cents, per

ounce. Dinner starts at 5 p.m. Call Kolekole at 655-4466 or Mulligan’s at 438-1974.

**Golf Special** — Pay for nine holes and play 18, Monday-Friday, except holidays, at the Nagorski Golf course, FS. Offer applies to green fees only; cart fees are excluded. Course is open to the public. Limited-time special. Call 438-9587.

**Food for Families** — The Armed Services YMCA at WAAF has an emergency food locker that assists military families experiencing financial difficulty. Available are supplies of canned goods, frozen food, dry goods and personal care items. Donations are always accepted. Call 624-5645.

**Freeway Service Patrol** — This service is operational on Hawaii’s freeways and sponsored by Hawaii’s

Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.

The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline.

The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

## Garrison seeks to prevent keiki window hazards

**ISLAND PALM COMMUNITIES**  
News Release

With children out of school, enjoying their summer break, parents and guardians must be sure to keep their keiki safe – whether outside or inside their homes.

Windows let cool breezes in, but they can also pose a safety hazard. Preventing falls out of windows is as important as learning how to use a window in an emergency.

Unattended children run the greatest risk of falls and injuries, so the best first step is to watch your children as they play. No prevention measure can substitute for careful adult supervision.

The National Safety Council provides the following tips:

- Set and enforce rules about keeping children’s play away from windows or patio doors. Falling through the glass can be fatal or cause serious injury.
- Keep furniture – or anything children can climb upon – away from windows. Children may use such objects as a climbing aid.
- Windows provide a secondary means of escape from a burning home. Determine your family’s emergency escape plan and practice it. Remember that children may have to rely on a window to escape in a fire. Help them learn to safely use a window under these circumstances.
- Keep your windows closed and locked when children are around. When opening windows for ventilation, use windows a child cannot reach.

With extra vigilance, parents and guardians can help ensure windows don’t pose a safety hazard for our children.

**Window safety online**

For more tips on how to prevent falls from windows log on to:

- [www.islandpalmcommunities.com/go/windowssafety](http://www.islandpalmcommunities.com/go/windowssafety)



# Tripler’s Cystic Fibrosis Center educates families

**STEPHANIE RUSH**  
Pacific Regional Medical Command Public Affairs

HONOLULU — Members of the military’s tight-knit cystic fibrosis, or CF, community gathered at the Hale Koa Hotel in Waikiki, here, recently, for Cystic Fibrosis Family Education Day.

Currently, 20 families living on Oahu have a family member with the life-threatening genetic disease.

According to the Cystic Fibrosis Foundation, CF causes mucus to build up and clog some of the organs in the body, particularly the lungs and pancreas. The mucus allows bacteria to get stuck in the airways, which can lead to inflammation and infections often resulting in permanent lung damage.

Across the Pacific, if a child stationed in Guam, Japan or Korea is suspected of having CF, he or she is brought to Hawaii to get tested. If the patient does have CF, the family is most often relocated to a duty station that has CF care options available.

As the only accredited Cystic Fibrosis Center in Hawaii, Tripler Army Medical Center conducts sweat tests, which have been considered the “gold standard” for diagnosing CF for more than 50 years.

Consultations are also provided for non-beneficiaries via the Pacific Island Health Care Program.

“Our idea was to invite families and patients to talk about topics that are evolving in cystic fibrosis, or topics that are specific to our center,” explained Lt. Col. Jane Gross, pediatric pulmonologist and director of the Cystic Fibrosis Center, TAMC. “Basically, we wanted to provide a forum for dissemination of informa-

tion to the group and the public.”

CF centers are nationally recognized care facilities that must meet strict guidelines to receive the Cystic Fibrosis Foundation’s “stamp of approval” every year. Care center staff are comprised of specialists, including doctors, nurses, respiratory and physical therapists, dietitians and social workers. Working together with each CF patient, each center’s staff strives to meet every patient’s specific needs to keep patients as healthy as possible.

Tripler’s CF center is the only one in the state.

Patients, families, cystic fibrosis physicians and care providers working at Tripler’s CF center and other medical facilities on island were able to attend presentations by four guest speakers.

Dr. Felix Ratjen, division chief of respiratory medicine at the Hospital for Sick Children in Toronto, spoke about new medical treatments in CF that will be soon on the market.

Ratjen, a world-renowned CF physician, is also a senior scientist at the Research Institute of the Hospital for Sick Children and a professor in pediatrics at the University of Toronto.

Anabel Stenzel and Isabel Stenzel Byrnes, identical twin sisters living with CF, spoke about their personal experiences growing up with and living well with CF. Together, they published a memoir, “The Power of Two: A Twin Triumph over Cystic Fibrosis,” which inspired the creation of a documentary film (of the same name) that premiered internationally in 2011.

“We were told we would live until we were 10 years old,” Anabel said. “Now we’re 40, thanks to medical advances, a lot of persever-



John Billion | Tripler Army Medical Center Visual Information

Dr. Felix Ratjen, division chief of respiratory medicine at the Hospital for Sick Children in Toronto, speaks about new medical treatments in cystic fibrosis, which will be on the market soon, during his presentation at the CF Family Education Day, recently, at the Hale Koa Hotel, in Waikiki.

ance in the medical world and being cared for at places like the Cystic Fibrosis Center here.

**Cystic Fibrosis online**  
For more information on the Cystic Fibrosis Foundation, visit:  
•[www.cff.org](http://www.cff.org)

- CF factoids**
- 30,000 children and adults have CF in the U.S.
  - More than 10 million Americans are symptomless carriers of the defective CF gene.
  - The disease occurs in one of every 3,500 live births of all Americans.
  - About 1,000 new cases of cystic fibrosis are diagnosed each year.

## Recommendations offered for prostate cancer screening

**WAYNE COMBS, PH.D.**  
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — Did you know that the U.S. Preventive Services Task Force, or USPSTF, does not recommend prostate cancer screening for all men?

If you don’t know the latest information about prostate cancer screening, you are not alone. Many men don’t.

It’s important to learn the latest information on prostate cancer screening, so you can discuss this issue with your health care provider.

**What are the latest recommendations for prostate cancer screening?**

According to the U.S. Centers for Disease Control and Prevention, there is currently no scientific agreement on the best ways to prevent prostate cancer and not enough supporting evidence to recommend screening in all men.

The USPSTF has concluded that current medical evidence is insufficient to compare the benefits and harms of prostate cancer screening in men younger than age 75 years. The USPSTF also recommends against screening for

prostate cancer in men age 75 years or older.

**What is prostate cancer?**

Prostate cancer is made up of cells that do not grow normally. The cells divide and create new cells that the body does not need, forming a mass of tissue called a tumor. These abnormal cells can sometimes spread to other parts of the body, multiply and cause death.

**What causes prostate cancer?**

As with many types of cancers, medical experts do not know what causes prostate cancer. They are studying several possible causes.

**Who is at increased risk for prostate cancer?**

While all men are at risk for prostate cancer, some factors increase risk:

- Family history.* Men with a father or brother who has had prostate cancer are at greater risk for developing it themselves.
- Race.* Prostate cancer is more common in some racial and ethnic groups than in others, but medical experts do not know why.

Prostate cancer is more common in African-

American men than in white men. And, African-American men with prostate cancer are more likely to die from the disease than white men.

It is less common in Hispanic, Asian, Pacific Islander and Native American men than in white men.

- Age. The prevalence of prostate cancer increases rapidly after age 40.

**Can prostate cancer be prevented?**

Medical experts do not know how to prevent prostate cancer, but they are studying many factors. They do know that not smoking, maintaining a healthy diet, staying physically active and seeing your doctor regularly contribute to overall good health.

**What does “screening” mean?**

Screening means looking for signs of disease in people who have no symptoms, so screening for prostate cancer is looking for early-stage disease.

The main screening tools for prostate cancer are the digital rectal examination and the prostate specific antigen blood test. However,

the DRE and PSA tests cannot tell if you have cancer; they can only suggest the need for further tests.

Many factors, such as age, race, certain medical procedures, an enlarged prostate or a prostate infection, can affect PSA levels.

Because of the uncertainty about prostate cancer screening, the CDC recommends that men discuss prostate screening with their health care provider. Every man needs balanced information on the pros and cons of prostate cancer to help him make an informed decision about screening.

**Prostate Screening**  
For more information on prostate cancer, visit the Centers for Disease Control and Prevention:

- [www.cdc.gov/cancer/prostate/informed\\_decision\\_making.htm](http://www.cdc.gov/cancer/prostate/informed_decision_making.htm)
- <http://www.cdc.gov/cancer/prostate/pdf/prosguide.pdf>





SCHOFIELD BARRACKS — New Army research is being combined with new pilot programs that are designed to reduce training injuries. Above, Soldiers from the U. S. Army-Pacific race against the clock in the 200-meter swim event, just one of many tests Soldiers had to complete, here, June 5-6, to earn the German Armed Forces Proficiency Badge.



Photos by Spc. Tiffany Dusterhoft | 8th Theater Sustainment Command

A new pilot program is being introduced at many installations with the goal of reducing Soldier PT injuries. Soldiers from U. S. Army-Pacific competed, above, for the German Armed Forces Proficiency Badge in the timed ruck march, in which Soldiers carried four quarts of water and 33 pounds.

# Army MATs program designed to reduce PT injuries

FORT LEE, Va. — The Army is assessing a new weapon in its battle against physical training injuries.

Musculoskeletal Action Teams, or MATs, were put into operation at several installations last year as a pilot program to support the Army’s new Physical Readiness Training regimen, which strikes a balance between conditioning and injury prevention.

Dr. Matthew R. Pretrone, MAT team leader with the 23rd Quartermaster Brigade, said the latter is a cost-effective means to combating PT injuries.

“A study came out to show that more than a billion dollars is spent each year in the Army on musculoskeletal injuries,” he said, noting the costs of treatment, after care and lost time.

The answer to preventing long lines at sick call, said Pretrone, is providing the know-how and guidance to people in the same way professional trainers support professional athletes.

“Soldiers are no different,” he said. “They need to have the best available training and the best care possible.”

To accomplish its mission, the MAT team — made up of a physical therapist, physical therapy technician, two strength and conditioning specialists and a physical trainer — provides on-the-spot guidance to Soldiers who lead physical training sessions.

“We go out and observe the PRT sessions and make sure the exercises are performed according to the guidance provided in the PRT training circular,” said Sgt. 1st Class Frederick Scott, MAT team physical therapy technician.

“Through correcting body mechanics, we hope to prevent injuries most of the time.”

In addition to their observations, members of the MAT team instruct advanced individual training Soldiers on injury prevention and exercise effectiveness and provide therapy sessions and prevention guidance to Soldiers already injured.

Therapy provided to Soldiers who have suffered injuries is somewhat the same as in the past but with one important difference, said Petrone — there is much more of an emphasis on preventative care.

“When you’re done with the physical therapy part, that’s when you’re trying to say, ‘OK, we are going to have to change our mindset and emphasize injury prevention. Yeah, I know you can probably run right now, and you’re cleared to go, but we need to work on running mechanics, movement patterns, how you do some of these exercises ... so that you don’t get hurt again.’”

Frederick, a Soldier of 16 years, said he sees much benefit in the program versus how the Army handled PT injuries in the past.

“We didn’t have this,” he said of the MAT program. “There wasn’t a strength coach to ensure the (exercise) precision pieces were being executed by the Soldiers. Once they were healed and cleared to go back to their units, there was no one to check to see if the Soldiers’ movement mechanics were correct to keep them from returning.”

On average, the 23rd QM Bde. MAT teams see roughly 400 students per month during physical therapy sessions, said Petrone. Several hundred more are provided instruction on in-

jury prevention.

The MAT teams are a collaborative effort of the Training and Doctrine Command and Medical Command.

The program at Fort Lee, comprised of two clinics (another is located at the Ordnance School’s 59th Ordnance Bde.), has been extended for at least another year. While the data is still being analyzed in reference to the program’s effectiveness, no decision has been made on whether it will be implemented Armywide.

Reducing PT injuries

Related sites for information about PT readiness include these:

- Army.mil/news/health
- ArmyMedicine.army.mil
- army.mil/standto/archive/2011/04/25/